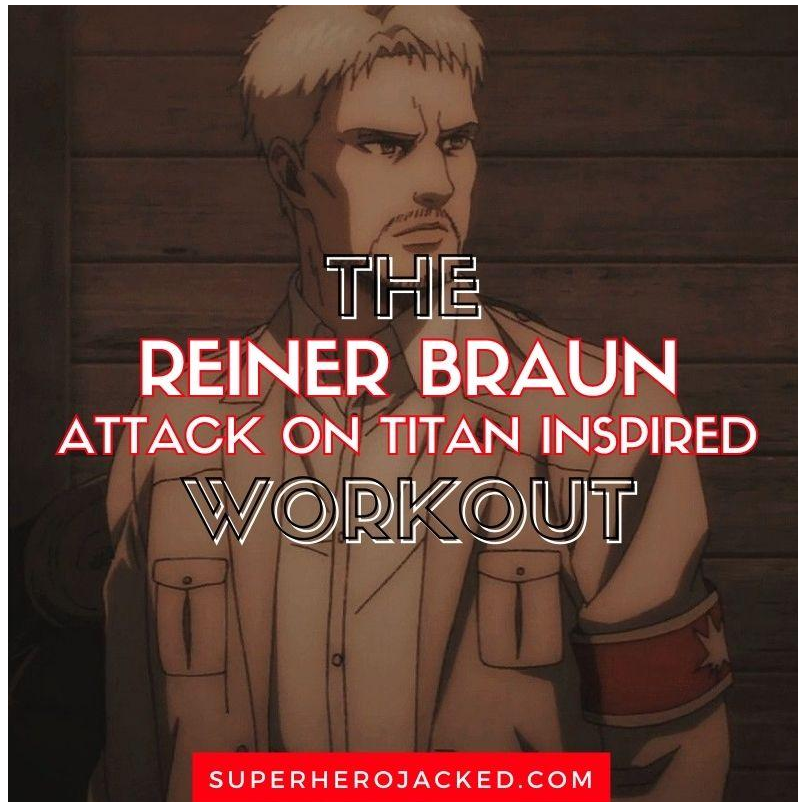


REINER BRAUN WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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REINER BRAUN WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

We're not dealing with Levi or Mikasa here, but we're still dealing with a super strong and motivated character. For this one we'll have 4 days of mandatory training instead of 5 but we'll still include some extra resources if you want to step it up a notch.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.

Reiner Braun Workout Routine: Sample Schedule

Monday: Upper Body Focused Calisthenics and Circuit Training

Tuesday: Lower Body Focused Calisthenics and Circuit Training

Wednesday: Optional Endurance and HIIT Work

Thursday: Upper Body Focused Calisthenics and Circuit Training

Friday: Lower Body Focused Calisthenics and Circuit Training

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Reiner Braun Workout Routine: Upper Body Focused Calisthenics and Circuit Training A

Warm Up:

Walk 5-10 Minutes

Workout:

Decline Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Pull Ups

4x10

Blowout Circuit: 5 Rounds

5 Double Unders

5 Push Ups

5 Double Unders

5 Close Push Ups

5 Double Unders

5 Wide Push Ups

**Reiner Braun Workout Routine: Lower Body Focused
Calisthenics and Circuit Training A**

Warm Up:

Walk 5-10 Minutes

Workout:

Air Squats

4x25

Lying Leg Raises

4x20

Glute Bridges

4x15

Alternating Step Ups

4x10

Blowout Circuit: 3 Rounds

60 Second Wall Sit Hold

30 Double Unders

10 Half Burpees

Reiner Braun Workout Routine: Optional Endurance or HIIT Work

For your endurance or HIIT days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Work Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

- [The Best HIIT Workouts](#)

- [Jump Rope Workout Database](#)

Reiner Braun Workout Routine: Lower Body Focused Calisthenics and Circuit Training B

Warm Up:

Walk 5-10 Minutes

Workout:

Split Squats

4×25

Lying Leg Raises with Hip Thrust

4×20

Double Unders

4×15

Side Lunges

4×10 each leg

Blowout Circuit: 3 Rounds Descending Reps

First Round 20 – Second Round 15 – Third Round 10

Movements:

Box Jumps

Wide to Close Squats

Reiner Braun Workout Routine: Upper Body Focused Calisthenics and Circuit Training B

Warm Up:

Walk 5-10 Minutes

Workout:

Close to Wide Push Ups

4×25

Sit Ups with Twist

4×20

Plank to Push Ups

4×15

Chin Ups

4×10

Blowout Circuit: 3 Rounds Descending Reps

First Round 20 – Second Round 15 – Third Round 10

Movements:

Inch Worm Push Ups

Planking Knee Taps

Reiner Braun Workout Routine: Bonus Training Resources

Parkour Training Resources

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)